SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 29th Febraury 2012

These are your SHORTS, Please send your reports, running news & anecdotes to:

shorts@dulwichrunners.org.uk

DEADLINE 17:30 TUESDAY

– THE COMING WEEK –

Wed 29 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7 for 7:15 start. Showers, Bar

Sun 04 **12 x 1 mile reps Dulwich Park 09:00**

Tue 06 **Track Session with Steve Smythe** see below
Ladywell Track http://g.co/maps/sqrjq
pay at desk on entrance, £2.55

TO SUBSCRIBE to Shorts send an email with the subject ***subscribe*** to: shorts@dulwichrunners.org.uk
An email with the title ***unsubscribe*** to the same address will remove you from the list.

Track Sessions at Ladywell

Improve your speed & strength over all distances
Tuesdays with Steve Smythe Start 7pm. – fee £2:55.
Pay at desk on entrance to track Sessions start at 7pm and are suitable for all abilities.
Location http://g.co/maps/sqrjq

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house, so please remember to pay when you sign in. Thanks. – Ros

LUCKY VEST

February winner was Andy Murray *(stewards inquiry pending…Ed.)*

Don't forget to wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win £5 in the clubhouse that evening

Vests/kit – a selection of tops is always available at the club on Wednesday nights (£15 each)

In your *SHORTS* this week !

2	Club Champs, XC Fixture List
4	Welsh Castles Relays
5	Race reports & results
7	National XC Champs reports
8/9	XC Champs round up
10	Marathon Training Schedule
11	Wednesday Night Map to print

And much more !

---------- *EVENT HORIZON* ---------

A brief look ahead

Mar 10 Club Champs 5k
Apr 1 Paddock Wood 1/2M Club Champs
Apr 12 Assembly league , Beckenham
full fixture list & info page 3

NEW RUNNERS ROTA

If you are listed to take out new runners, please can you try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know. Thanks. – **Ros**

Sam Oyeyinka	29/02
Claire Steward	07/03
Ros Tabor	14/03
Cameron Timmis	21/03

Annual Subs Due

You will have received either by email or post your 2012 membership renewal reminder. Your current membership expired on 31st Dec so in order to compete in this year's club champs and other events as a Dulwich Runner you will need to

RENEW ASAP RENEW ASAP RENEW ASAP

If you haven't received your renewal form then contact me barry@bg1.co.uk

SWEATSHOP DISCOUNT VOUCHERS

Sweatshop Clapham is offering club members a 20% discount on all its product range.

This will be available at its Clapham store in Voltaire Road until 14 April. Vouchers will be available at the club on Wednesday nights

Upcoming Event:
Bank Holiday Monday May 27

May is already a busy month and it is hoped the club's top vets will be out in force for the British Masters Relays at Sutton Park on May 12. The club has also been invited to enter it's best runners to take part in the National running 10km championships within the BUPA London 10,000 which last year was one of the best ever quality 10ks in Britain.

The course is fast and starts and finishes in St James Park close to Buckingham Palace and goes through both Parliament Square and Trafalgar Square and along the Embankment and passes many of London's famous sights, including Westminster Abbey, Houses of Parliament, Big Ben, The London Eye, Cleopatra's Needle, Tate Gallery, Millennium Bridge, The Monument, Lloyds of London, Leadenhall Market, Bank of England, Mansion House, St. Paul's Cathedral, Horseguards, Nelson's Column and Admiralty Arch.

There is generous prize money – £2000 for the first team down to £200 to the sixth team and it is hoped the fastest six runners available – both men and women – will compete for the club.

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run.
Cost is £5 or if you really want to make a name for yourself you can go large at £6.50.
Just give me your name by 7:10
Don't just sit there salivating…join in ! – **Ros**

Lost and found
at Parliament Hill National XC

Barrie found a DR kit in a white plastic bag in the men's changing rooms at the Parliament Hill track.
If it belongs to you please contact me on
lindsey.annable@gmail.com

DULWICH RUNNERS
2012 CLUB CHAMPS

The races comprising the 2012 club champs have now been selected. The dates for some of the races are provisional, based on this year's dates, and will be confirmed once information is available.

There are 8 events split into short and long categories. To qualify it will be necessary to complete a minimum of five events. – ***Mike Mann***

CLUB FIXTURES 2011/12 - Club Champs , XCountry etc.

Date			*Event*		*Venue*
Mar	Sat	10	5k Bromley (or Brockwell Parkrun if muddy)	S	Bromley or Brockwell
	Sat	10	Orion Harrier 'Mercury' 10 Mile XC Race		Epping Forest
	Sun	25	British Master XC Champs		Bath
Apr	Sun	1	Paddock Wood 1/2M	L	Paddock Wood
	Thu	12	Assembly League		Beckenham
	Sun	22	Marathon	L	London or alternative
Jun	Fri	22	1 mile Dulwich College Track	S	Dulwich Track
Jul	Thu	12	2 mile Dulwich Park	S	Dulwich Park
	Sun	22	Elmbridge 10k TBC	S	Elmbridge TBC
Sep	Sun	2	Dry Hill 10m	L	Dry Hill
Oct	Sun	21	Cabbage Patch 10m	L	Twickenham

Date of the **5k parkrun** has changed to **10 March** to avoid a clash with another event.
Cabbage Patch 10 has been confirmed as **21 Oct**,
2012 Club Champs races in red S=Short L=Long
Info for races i.e; location, times, etc. will be in SHORTS and announced on Wednesday club nights as and when it becomes available.

CLUB CHAMPS 2012

The first two club champs races of this season are the 5k parkrun at Norman Park, Bromley on 10 March, followed by the Paddock Wood 1/2M April 1st Please make sure that you enter Paddock Wood soon to avoid disappointment and note that you will only qualify for club championship points if you have renewed your club membership and you are wearing a club vest. *Mike*

Wednesday Running Maps

On page 11 in SHORTS you will find a copy of the map for this weeks runs.

Although there will still be some available at the clubhouse , it would help if you can print your own copy and bring it with you.

If your map is still in one piece after the run please don't throw it away as they can be used again, just leave them in the clubhouse.

ASSEMBLY LEAGUE 2012

This year's series of Assembly League races begins in April. For those new to the club, this is a series of 6 races of roughly 5k in distance open to all members free of charge.

The races are normally held on the first Thursday of the month from April to September, starting at 7.15pm.

There are usually two races at each of three venues, Beckenham, Victoria Park in Hackney and the O2 in North Greenwich, but there are likely to be some changes this year as a result of the Olympics.

Note that with Easter falling in the first week of April, the first race at Beckenham has been delayed until 12 April.

Further races from May onwards are likely to be held on the first Thursday of the month, but dates and venues will be confirmed as soon as we know. ***Mike***

REIMBURSEMENT OF RACE EXPENSES POLICY

At last October's AGM, the Committee was mandated to refresh its policy towards the reimbursement of race expenses. An updated document approved by the Committee can be found on the Dulwich website.
http://www.dulwichrunners.org.uk/aboutus.html

Kent Grand Prix and Surrey Road League and Championships

Dulwich Runners compete in both the Kent Grand Prix and the Surrey Road League. Competing in these races earns points for the club in these leagues. Some of the races (marked with asterisks, below) are also designated as the county championship race for that distance.

Note that some of these are popular races and can fill up early. For more information on these, including qualification for the championships, see:

Kent: http://www.kcaa.org.uk/road%20races.htm#prov

Surrey: http://surreyathletics.org.uk/road/league/index.php?Y=2011&O=R&S=2012

"**Further update: As well as the Wimbledon 5k being moved to Saturday 11th August to avoid clashing with the Olympics Men's Marathon, the Dorking 10 miles has been moved to Sunday 10 June to avoid upstaging some other celebration. The Richmond Half is officially full, but a few places have been made available for members of Surrey clubs. Contact me for details. - *Charlie Lound* *chas.lound@btinternet.com***

Kent Grand Prix and Championship Races

4 March	Thanet 20 *
6 April	Folkestone 10 *
15 April	Darenth Valley 10k
20 May	Larkfield 10k *
2 June	Harvel 5
22 July	Dartford Half
2 September	Kent Coastal Marathon *
14 October	Maidstone Half

Surrey Road League and Championship Races

6 May	Richmond Half Marathon *
13 May	Sutton 10km
10 June	Dorking 10 miles *
24 June	Richmond 10km *
14 July	Elmore 7 miles
22 July	Elmbridge 10km
11 August	Wimbledon 5km *

WELSH CASTLES RELAY 2012

Hi everyone, if you attended our short Relays presentation then we thank you and we do hope you enjoyed it and that it helped you to make a decision to join in the fun, and we did have some extra names to add to the list after the presentation.

This means we now have 20 names with one tbc, and even someone who has kindly agreed to be a reserve! Thank you all and for the rest of you there are still places in the team available. We always need at least 26+ names as we know from the past that unfortunately there will be a couple of injuries, illness or other commitments that will change the final line-up of eager runners wanting to pit their fitness against this great event.

Please don't be shy in putting your name forward for this or any of the other relays as we always match your fitness to the leg we ask you to run, there are some that like to pick the hardest legs just for the challenge. This is a really friendly and social event and it is great for meeting and mixing with other Dulwich Runner's who you don't usually run with. We usually travel up on the Friday with overnight stay under the shadow of Snowdon and then on Saturday overnight stay and meal in Newtown. You can of course choose to travel up for one of the late legs on Sunday.

Please just e-mail therelayersteam@dulwichrunners.org.uk to let us know you would like to join us or feel free to talk to any of ***The Relayers Team*** (Mike Mann, Kim Hainsworth, Andy Murray or Martin Morley) or talk to any member of Dulwich Runner's – most have done at least one relay.

We have to apply in a week's time so could you please let us know as soon as possible. We still need an additional 5 or 6 names before deciding whether to submit an entry.
Thanks for reading this and hope to hear from you very soon - ***The Relayers Team***

Orion Harriers are holding their annual 10mile Cross Country Race on **Saturday 10th March** from their new clubhouse in Epping Forest.

For those who havent run it before, its a beautiful one lap race with plenty of mud and hills through the forest. **Entries are on the day** and the race is always a relaxed, friendly affair.

This year, we will also be able to offer hot showers and food after the race (even for the women) again, so we are keen to open up the field to new runners.

You and your members, as always, are welcome to join us on 10th.

Tim Wright - Captain, Orion Harriers – 07910 185162
www.orionharriers.org.uk

"Note that this is the same day as our club champs 5k at Bromley, but some of you may relish the chance to double up.

For those of you who are more cautious and in need of a long off-road run, we have been invited to enter the Orion 15 which also takes place in Epping Forest on 24 March."- ***Mike Mann***

Race Reports & Results

5km Results for February 25th

The Parkrun organisers encourage the wearing of club vests, so if you have one please wear it and help promote the club. Vests and other club kit can be obtained by contacting Ros ros@28kerfield.freeserve.co.uk

Brockwell

Hugh Balfour and Nicola Hill set course Pbs.

15 Hugh Balfour		19:44 (PB)
22 Ebe Prill		20:21
35 CameronTimmis		21:45
41 Graham Laylee		22:10
64 Nicola Hill	7W	24:00 (PB)
133 Chris Vernon		31:04

154 finishers

Bromley

Kim was second woman.

18 Michael Fullilove		20:09
31 Kim Hainsworth	2W	20:51

270 finished

Crystal Palace

Dulwich women gained a 1-2-3 led by Ola Balme who just missed her course PB while Emma Ibell and Angela Oritsejafor did their best times.

4 Will Davis		18:28
8 Ola Balme	1W	20:06
16 Emma Ibell	2W	21:10 (PB)
20 Angela Oritsejafor	3W	21:50 (PB)
23 Jim Dowsett		22:00
28 Bob Bell		22:40
30 Jonah Albert		23:11
36 Claire Steward	7W	23:43

94 finishers

Riddlesdown

13 Angie Norris	3W	21:57

75 finishers

Newcastle on Tyne

Clare Wyngard became the first DR woman to reach the landmark of 50 parkruns at the weekend. It was a shame, in a way, that she couldn't achieve this at her usual venue of Crystal Palace. On the other hand Newcastle was where she began her running career a long time ago (clue, it was more years than the number of miles in a marathon), and often trained with our first club, Claremont Roadrunners, over the very same paths that make up the course.

That course, over the city's 'Town Moor', is flat but rather exposed when it's windy, and it sure was windy on Saturday. There are also one or two tight turns for a field of over 350 runners, including one where Mike nearly ended up straddling a fuse box for the street lighting so, all in all, not so fast.

Having now run the course twice, the first time being just over a year ago when the wind chill took the temperature below freezing, it would be nice to have another go later in the year when the weather isn't such a factor. That's sure to happen soon enough.

In the meantime Clare managed a pb for the course and was second in her age category, just under a minute adrift of the first VW50-54 who turned out to be a former club colleague at Claremont. Mike managed to reverse the finishing order of recent weeks but was actually 15 seconds outside the time he set in the Siberian conditions of 2011.

149 Mike Dodds	22:46 (8th VM50-54)
158 Clare Wyngard	23:04 (2nd VW50-54)

367 finishers

Report from a "cliched move-out-of-London-with-small kids & formerly semi-reasonable athlete" Kentish reporter

I finally decided that now that the kids are 3 & 5, I have no more excuses for my PB (post-babies) tummy & laziness so decided to try and actually get fit again. Those who saw me at my rare appearance on a Wednesday night in November will already know that any reports of my "going to seed" and "getting fat and lazy in suburbia" were grossly exaggerated by a certain house husband and regular Shorts blogger.

Anyway, he decided to accept my challenge and come down to beautiful West Kent and run the rather hilly and testing TW Half: the challenge - to be <10 minutes behind me.

After a great January getting the miles in followed by a-snow-and-family-weekends-away-distracted February meaning a lack of long runs, offset however by some good tempo runs & reps I was pretty confident that it would be sub 1:30 and hopefully sub 1:29. I hardly dared predict that the third digit would be a 7 but being the shy retiring type that I am (!) I may have mentioned it to one or two people...

If you've run the TW Half you'll know that miles 2-5 are a big downhill followed by 2 big hills from 5-9 to sort out the men from the boys.

Given the relative lack of miles in Feb I thought I'd stick with the 1:30 pacer and then see how I felt at the top of the hills and hopefully kick on.

First mile was spot on at 6:42 but the second and third in sub-6:30 scared me that I'd got carried away but it felt comfortable so I stuck with the pacer and we got to half way at 43:00. To my delight at 9 after the hills I was absolutely full of running and despatched the final 4 in steadily faster splits (6:50 down to 6:10) realising somewhere around 11 that actually a 1:26:xx was a possibility.

I couldn't quite manage that but my 1:27:09 was faster than my 2003 and 2004 times pre-DR (despite carrying an extra stone or so) and left me utterly delighted with a strong run-in as well as winning my challenge with the erstwhile bullsh1tter (oops DR blogger) with a 12 minute differential.

As Sean Connery knows only too well, Never Say Never Again! So, here I find myself with 6 weeks to go to the Brighton Marathon hoping for 3:15 or so...

Rather amusingly if you look at the results Dulwich Runners had a few runners in the race but not said correspondent who appears to have set up his own, all new club, Dulwich AC!

See you all at Thanet or Paddock Wood...
Lloyd

Henfield 9, February 25

Unfortunately the £150 prizes on offer a few years ago had been replaced by just trophies but the three Dulwich Runners enjoyed this low key race in exceptional conditions. A mostly flat and mostly off road course on a beautiful spring morning with a great backdrop of the South Downs and a few miles beside a river though most of the route is along a trail which used to be a railway line.

Though he hadn't done a race of such length for some time Tony Tuohy attacked from the start and battled away for first place with Beckenham's Will Withecombe for the first three miles. Then slowing and losing contact, he picked up again around halfway when he was caught by Clare Elms, who had started easily but had gradually moved through. Woken up, Tony closed on the leader again but fell just eight seconds short. Clare, content to just win the women's race, finished just six seconds back on Tony in third and was first woman by over four minutes.

2 Tony Tuohy	58:36
3 Clare Elms 1W	58:42
5 Steve Smythe	61:38 (1st M50)

109 finishers

Barcelona Half-marathon, February 25

Dave Beaver broke the four year-old club M50 record of 77:39 with a fine run.
130th at 5km in 18:11, he flew around the second 5km in 17:48, to move up to 116th to pass 10km in 35:59. He couldn't maintain that tempo but passed 15km in 54:19 (18:21) in 110th.

He would have passed 10 miles in the region of 58:30. He passed 20k in 73:01 (18:43 for that 5k and 37:04 for the second 10k) and had dropped to 111th. He took just over four minutes for the last 1087m and held 11th and his time of 77:07 (77:04 chip) won him the first M50 prize in the race.
111 Dave Beaver 77:07 (77:04) (1st M50) (CLUB M50 record)

National cross-country championships, Parliament Hill, February 24

While some clubs turned out in force, not just to run but to spectate, it was a shame that more Dulwich Runners weren't there to compete or even watch and take in an incredible event half a dozen miles away in the centre of London on probably the most famous cross-country course in the world.

The atmosphere, with numbers of runners and spectators up on usual due to the very warm, sunny weather, was indeed very special. The start of the men's National is one of the great colourful sporting sights and some compared to going up the hills with crowds either side, shouting encouragement to them as if they were going up the Alps in the Tour de France!

Men's 12km

The men gave better support than the women to the event. Mike Williams had an exceptional run after his collapse of the week before to make the top 400, which few Dulwich Runners have achieved in the past.

Charlie Lound never quite got into the race but came through while James Godber had shoe problems. Duncan Hussey ran well while Neil Daniels completed the scorers just ahead of Jose Barretta. Andy Murray just missed the top 1000 while Duncan Wilson, Martin Morley, Ian Sesnan and Barrie John Nicholls all had good runs in one of the biggest ever men's national events.

(1st 35:56. last: 98:23)

380	Mike Williams	43:58
581	Charlie Lound	46:26
607	James Godber	46:44
796	Wayne Lashley	49:03
842	Duncan Hussey	49:30
909	Neil Daniels	50:22
925	Jose Barretta	50:34
1066	Andy Murray	52:16
1362	Duncan Wilson	56:40
1411	Martin Morley	57:48
1544	Ian Sesnan	61:31
1643	Barrie-John Nicholls	68:23

1689 finished

6 to score: 59th team/125 4115 points
9 to score: 42nd team/62 7468 points

Women's 8km race

After a busy day which involved going to a cycle race early morning in Essex, and ferrying her triplets around, Clare who went to watch the event but changed her mind to help the club's team and because of the infectious atmosphere. After a slow start, she eased around very relaxed and only just missed out on a top 50 place. Alexie Shaw had a strong run but wasn't quite at her sharpest but did make the top 100. We were missing too many of our other leading runners to make the top 10 which we are capable of. Melanie Edwards had a steady run and Ros Tabor, who eased around as probably the first W60 were the final scorers. Anna Thomas and Lindsey Annable had good runbs but it was a shame when we have had so many runners in the Surrey league that we had relatively few in what was the biggest ever women's cross-country race in Britain.

Second claimer Debbie Niccoll didn't run at her best but she did win a National medal as her Bristol team finished a very close second and she was their fourth and final scorer.

(1st 27:06, last: 77:47)

51	Clare Elms	31:10
81	Debbie Niccol	32:02 (2nd claim/B&W)
93	Alexie Shaw	32:26
315	Melanie Edwards	37:21
361	Ros Tabor	38:34
430	Anna Thomas	40:12
521	Lindsey Annable	43:30

650 finished
Dulwich: 27th team/73

U13 race

Oscar Hussey had a good steady run but did find it hard with almost 400 competing runners to find space.

(1st: 10:51, last 20:17)

264	Oscar Hussey	13:26

373 finished

Tunbridge Wells 1/2M 26 Feb. 2012

Claire Steward writes: This was my third time at Tunbridge Wells (2003 and 2006) and the second time that I have done this race on my birthday, but this year I didn't run at Parliament Hill the day before. Am I really becoming more sensible in my old age? Actually, the answer to that is a resounding 'No', as anyone who saw me on Sunday night can testify – Oh Dear – enough said.

As usual, I didn't seem to have much energy for the first few miles but managed to take advantage of the few early downhill sections to shake off the lethargy and cobwebs and prepare for the big climb from 7 to 8 miles. Once that was out of the way I heaved a sigh of relief and enjoyed the beautiful weather, rural setting and pretty villages, and was finally rewarded with the sight of Ajay up ahead.

At 12 miles I swept past him offering a few kind words of encouragement which seemed to have no positive effect at all on him, but meant that I had to keep up a painful pace on the downhill finish in case he put in a sprint to catch me.

Apparently, he decided he couldn't beat me on my birthday and anyway he was wearing the wrong shoes (blah blah). Joanne had a good race apart from having to stop to re-tie a shoelace; Clare O finally achieved her aim to get under 1:50 with a well-deserved PB.

Clare Q was a couple of minutes ahead of Steve who was inside his predicted time of two hours. New member Lloyd Clater was guaranteed a PB in his first ever race.

Unluckiest, was Paul who suffered a recurrence of his calf problem, a big disappointment given his recent execellent training.

As well as being the official race starter, Dame Kelly Holmes was on duty doling out medals for anyone finishing in under two hours and handing out awards at the presentations afterwards. Having looked back at previous age graded awards, I was definitely not expecting anything, so it was a delightful surprise to hear my name as first FV55 and receive a glass trophy, a voucher for a pair of compression socks, a drink bottle stuffed with energy gels and free entry into the next Eridge 10 or T Wells Half.

This race is organisationally excellent with lots of people on hand pre-race to direct us to toilets, portaloos, changing areas, bag storage and tee shirts. It's well marshalled with efficient water stations and GU gels available at the top of that big climb which definitely provided an energy boost.

There were new course records for both men (Yared Hagos, 1:04:15) and women (Helen Decker, 1:12:41) which earned the winners £2,000 each.

423	Claire Steward	1:39:03
449	Ajay Khandelwal	1:39:46
573	Joanne Shelton	1:42:48
868	Clare Osborne	1:48:50
1289	Clare Quirico	1:55:20
1395	Steve Wehrle	1:58:30
1422	Paul Hilton	2:00:05
1622	Lloyd Clater	2:04:46

(2108 finishers)

CROSS COUNTRY CHAMPIONSHIP WINNERS 2011 - 2012

1st man:	Charlie Lound
2nd man:	Wayne Lashley
3rd man:	James Godber
1st woman:	Ola Balme
2nd woman:	Nicola Richmond
3rd woman:	Mel Edwards
1st M40:	Chris Loizou
1st M50:	Andy Murray
1st M60:	Mike Mann
1st F40:	Ros Tabor
1st F50:	Stephanie Burchill
Captains' award:	Anna Thomas

You will see from the men's table (next page) that Wayne and James ended up with the same score. Wayne is 2nd and James 3rd because Wayne gained 2 maximum scores. - **Ros**

Mens	Mob match	SL1	SL2	SofT	SL3 Reigate	Brighton (S)	SL4 Esher	Nationals Parl. Hill	total	BEST 5
Charlie Lound	49	50		50	47	48		49	341	246
Wayne Lashley		47	49		50	50	48	47	291	244
James Godber		46	50		48	49	49	48	290	244
Chris Loizou		44	47	49	42		46		228	228
Neil Daniels	47	43				46	44	45	225	225
Mike Mann	43	41	45	48	39	47	41		304	224
Andy Murray	45	40	42		36	45	39	43	290	215
Ian Sesnan	40		33	43	32	43	36	40	267	202
Mark Foster		39	43	47		44			173	
Ameet Patel	38		34	42	31				145	
Tony Tuohy	50	49							99	
Matt Galvin	44		44				45		133	
Jose Barretta		42	46					44	132	
Hugh Balfour			40	46	38		42		166	
Duncan Wilson	42	38					38	42	160	
Martin Morley		36		44			37	41	158	
Mick Ward	41		35						76	
Joseph Brady	39		36		33				108	
Tiarnan Ocleirigh		37	37						74	
John O'Byrne		34	32				35		101	
John Fletcher	48								48	
Mike Williams		48			49		50	50	197	
Ed Smyth	46				41				87	
Steve Smythe		45			43		43		131	
Peter Gibbons				45					45	
Ebe Prill			41		40				81	
Barrie John Nicholls				41				39	80	
Steve Ackroyd			39		35				74	
Grant Barnes			38		37				75	
Graham Laylee		35							35	
Michael Hutchinson					45				45	
Jozef Danko					34				34	
Duncan Hussey					46		47	46	139	
Steve Williams					44				44	
Paul Devine							40		40	

Womens	Reigate	Lightwater	Nork Park	Richmond	Farthing Down	Brighton	Esher	Parl. Hill	total	BEST 5
Ola Balme	50	48	50	49	50		48		295	247
Nicola Richmond	49	47	49	48			47		240	240
Mel Edwards	48	44	47	43	47		46	48	323	236
Ros Tabor	47	42		44	45	50	45	47	320	234
Anna Thomas	46	39	44	38		48	41	46	302	225
Stephanie Burchill		36	41	34	35		35		181	181
Ange Norris		46		45					91	
Claire Steward			46	42	41		42		171	
Clare Wyngard		40	45		43		44		172	
Jo Shelton		41		39	40		43		163	
Ruki Sihdwa		37	43		36		37		153	
Lindsey Annable			42	35			36	45	158	
Clare Osborne		38		37	39		40		154	
Jo Hewett		35	40	32	34				110	
Alexie Shaw		50					49	49	148	
Clare Elms				50				50	100	
Elkie Thorndyke		49							49	
Kim Hainsworth			48		48				96	
Emma Ibell				47	49				96	
Charlie Wood				46					46	
Sue Rowlands	45								45	
Emma Vernon		45							45	
Katie Crowe		43			46				89	
Olga Gillane				41	44				85	
Louisa Pritchard				40	42	49			131	
Lindsey Beckett				36	38		38		112	
Michelle Allard				33	37		39		109	
Marlene Russell						47			47	
Debbie Niccol							50		50	

SUNDAY RUNS, RACES & REPS

Preparation for London Marathon 2012

(Provisional – dates and events subject to change)

Includes: middle and long distance multi-terrain / road races
Cross Country (XC) Fixtures on Saturdays

Sunday runs at High Elms, Mile repetitions in Dulwich Park

Weeks to go!	Date	Event / Distance	Information
7	4 Mar	12 x 1m reps	09:00 Dulwich Park
6	10 Mar	Club Champs 5k Bromley Parkrun	Bromley, Norman Park, Parkrun 09:00
6	11 Mar	High Elms 15m	0:900 off road
5	18 Mar	Spitfire 20m road race ….or	Dunsfold aerodrome
5	18 Mar	…. 12 x 1m reps	Dulwich Park 09:00
4	25 Mar	Richmond Park – Bushy Park 22m	09:30 Roehampton Gate
3	**1 Apr**	**Paddock Wood 1/2m**	**CLUB CHAMPIONSHIP**
2	8 Apr	10 x 1m reps	Dulwich Park 09:00
1	15 Apr	Easy 10m or Thames Towpath 10	High Elms 09:00 http://www.west4harriers.com/TowpathTen
Zero	**22 Apr**	**LONDON MARATHON**	**CLUB CHAMPS – MARATHON**

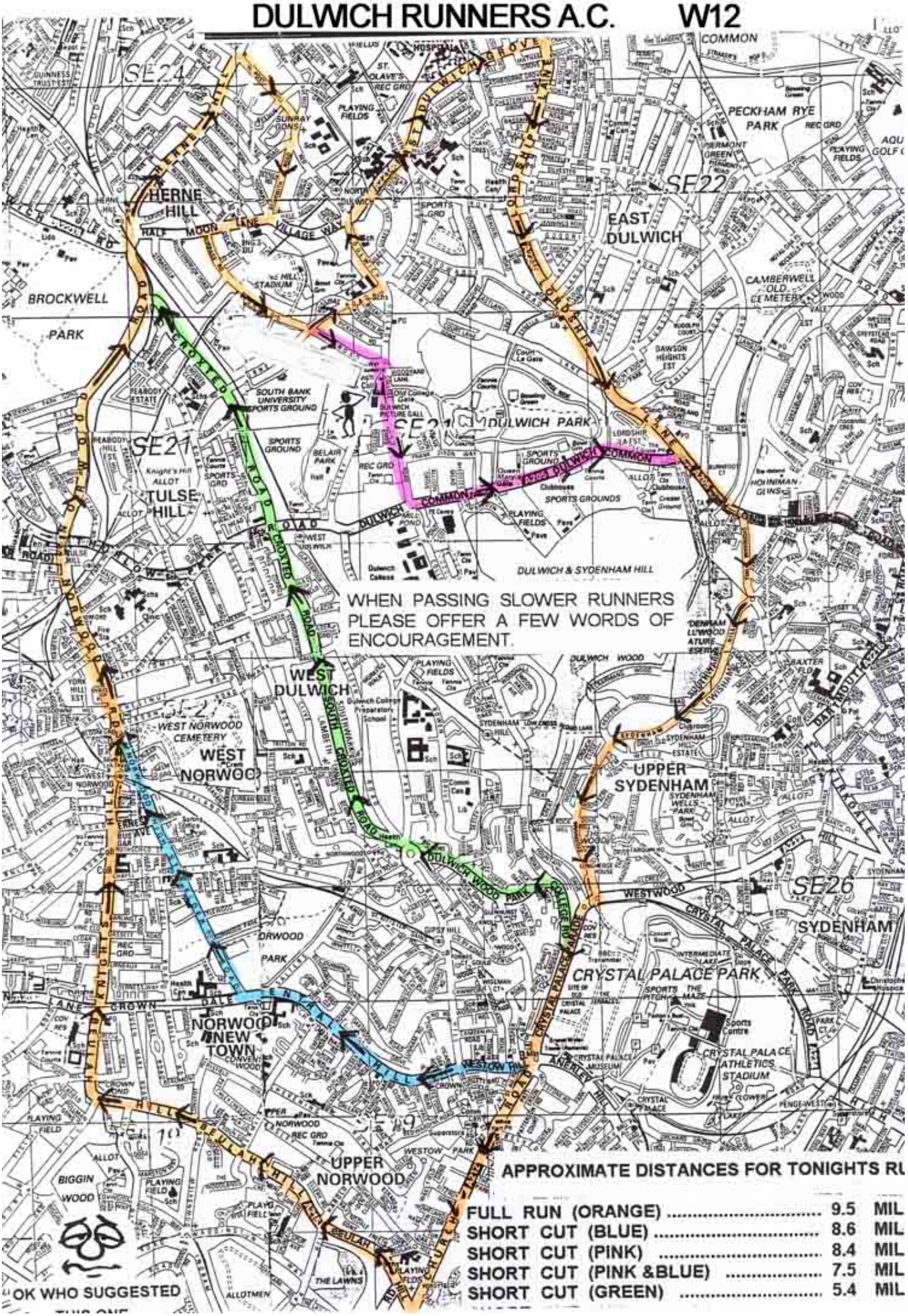
Dates in bold are club and or club champs races including XC champs

Races | Club Champs/ XC | Mile reps | Long runs

The traditional Sunday Dulwich Park runs start at or 09:00 0930 for longer runs for marathon preparation
For a more rural run, meet up with members of Orpington and Blackheath Clubs, 'HEROS'
High Elms Runners on Sunday starting from High Elms at 09:00
For more information contact Steve Wehrle or Claire Steward
For XC events, contact the XC Captains for further details
Suitable for; 3:15 – 3:50 time – long runs with Claire
3:50 – 4:30 – long runs with Steve

Well done to all who did the Tunbridge Wells half last Sunday.
This coming Sunday it's 12 x 1 mile reps Dulwich Park 0900.
See you there!
Steve Wehrle

DULWICH RUNNERS A.C. W12



RUNNERS WANTED

St Christopher's

St Christopher's cares for over 2,000 dying people and their families and friends each year from the London boroughs of Bromley, Croydon , Lambeth, Lewisham and Southwark. Through innovations in care, education and research we promote the highest standards of end of life care worldwide. Please help us to raise funds to maintain these vital services.

VIRGIN LONDON MARATHON Sunday 22 April 2012

Do you have a place? Please join our team and help us give more people the best possible end of life care. We provide excellent support to all our runners!
Please contact Liz Sowden to join the team

Bupa London 10,000
Sunday 27 May 2012

10k road race start & finish
in St James's Park
Minimum sponsorship is £150
Contact Liz Sowden

Superhero Run
Sunday 13 May 2012

Fun fancy dress 5K or 10K run
in Regent's Park
Contact Rebecca Kemp

British 10k London Run
Sunday 8 July 2012

10k road race from
Hyde Park Corner through London
Minimum sponsorship is £150
Contact Rebecca Kemp

Run to the Beat
Powered by Nike +
Sunday 21 October 2012

Music filled half marathon
from Greenwich 02
Minimum sponsorship is £300
Contact Rebecca Kemp

Rebecca Kemp on 020 8768 4570 - r.kemp@stchristophers.org.uk
Liz Sowden on 020 8768 4575 - e.sowden@stchristophers.org.uk

St Christopher's Hospice - 51-59 Lawrie Park Road - Sydenham, SE26 6DZ
020 8768 4500 - www.stchristophers.org.uk - Registered charity 210667

St Christopher's Hospice Official Fundraising

stchfundraising

10th March – English Rogues gig after Club Champs!

For once in my life I'm giving you a bit of notice. Saturday 10th March I'm playing drums with English Rogues at the Oval Tavern, 131 Oval Road, East Croydon CR0 6BR (a few minutes walk from East Croydon station): http://www.bing.com/maps/?where1=cr0%206br,GB&FORM=MMREDIR.

Playing from about 8.45pm, entry is free. Some of you will remember a good night at this pub when we played there about a year ago.

You'll all need a bit of light relief after blasting round the Bromley parkrun that morning for the Club Champs 5k. So come and get your fill of blistering guitar solos and mad 'Animal' muppet drumming with all the usual Rock Mayhem!

Tony 'Thundersticks' Tuohy.

Ola Balme
Sports & Therapeutic Massage

Spring Offer £10 off

Is your marathon training taking its toll?

Do you suffer from a sporting injury, shoulder strain, backache?

What could you benefit from?

- Deep Tissue Massage
- **Massage to alleviate muscle fatigue**
- Relaxing massage
- Massage to prevent injury
- Learning appropriate stretches and exercises
- ***Maintaining your fitness and well-being***

Ola is an experienced Sports Massage Therapist and club runner.
If you would like to know more, discuss a course of treatment or make an appointment, please call 020 8678 7205, 0750 655 4004
ola.balme@btinternet.com